

# THE SHUTTLE

Friday, August 20, 2010

## Ombuds Man

*A lifeline home*

Photo Illustration by Mass Communication Specialist 2nd Class (EXW) Stacy D. Laseter

## Big 'E' ombudsman program *A link between Sailors, families*

**By MC3 Nathan Carpenter**  
Enterprise Public Affairs

USS ENTERPRISE, At sea – As USS Enterprise (CVN 65) continues to steam through work-ups Aug. 19, Sailors are beginning to feel the effects of separation from their families during the longest at-sea period since the ship began preparing for deployment.

Enterprise's ombudsman program is designed to connect families to the command, even while the ship is away, and is one of the six basic tenets of the Navy's 'Brilliant on the Basics' initiative.

NAVADMIN 043/08 outlines the need for this support program in addition to Career Development Boards, Sponsorship, Mentorship, Sailor Recognition, and Command Indoctrination.

A command ombudsman is normally an experienced Navy spouse, appointed by the commanding officer, who has volunteered to assist other families while the ship is away.

As command representatives, ombudsmen advise family members to use the support programs available to them, aid in replacing lost identification cards, help deal with financial issues, in addition to other difficulties that military families face alone. They also form a link between the family and the command, allowing the family to contact the command and the service member in the event of an emergency.

"Our job as ombudsmen is not to do things for the spouses or family members, but to

### Ombudsman Regional Contact Information

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Bonnie - *Norfolk*; (757) 630-3807;  
enterprise\_ombudsman\_bonnie@verizon.net

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enterprise\_ombudsman\_diane@yahoo.com

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(757) 646-5255;  
enterprise\_ombudsman\_amanda@yahoo.com

Tiffany - *no area listed*; (757) 376-3559;  
enterprise\_ombudsman\_tiffany@hotmail.com

# SAILORS OF THE DAY



## Aviation Electrician's Mate 3rd Class Kelvin I. GrajalesZamot

Q: Why did you join the Navy?

A: "I joined the Navy to travel and see the world."

Q: What is the most rewarding aspect of your job?

A: "The leadership challenges and seeing the final results of my command's hard work."

Q: What do you do in your spare time?

A: "I enjoy working out, watching movies, and spending time at the beach with friends."

## Damage Controlman Fireman Gregory P. Posey

Q: Why did you join the Navy?

A: "To take care of my wife and kids and to find solid work that I could make a career out of."

Q: What is the most rewarding aspect of your job?

A: "I like that I was able to put my wife through school by serving my country."

Q: What do you do in your spare time?

A: "I like to read and e-mail my wife."



Photos by Mass Communication Specialist 3rd Class Jeffrey A. Willadsen



## 'Support' Cont. from Pg. 1

empower them with the knowledge [so they will] be able to take care of things on their own when their service member is gone," said Bonnie H., a Big E ombudsman who explained that ombudsmen do not disclose their full names due to a required level of anonymity that makes them more effective at their jobs.

In addition to individual family support, ombudsmen play key roles in Family Readiness Groups (FRG), command-sponsored groups of spouses and other family

members who come together to support each other.

"I became an ombudsman while my Sail-or was aboard USS Harry S. Truman," said Amanda S., another Big E ombudsman.

"After speaking with an ombudsman at an FRG meeting, I decided I was interested in becoming one too."

Spouses who are interested in becoming ombudsmen can submit an application to the Enterprise's Command Master Chief and must enroll in an ombudsmen training course no more than six weeks from being

appointed.

Contact information for the Big E ombudsmen can be found on the ship's Web site at <http://www.public.navy.mil/airfor/enterprise/Pages/Ombudsman.aspx>

Enterprise is at sea conducting work-ups in preparation for its 21st deployment. For more information about USS Enterprise, Carrier Strike Group 12 or Carrier Air Wing One visit [www.Enterprise.navy.mil](http://www.Enterprise.navy.mil), [www.ccs12surfor.navy.mil](http://www.ccs12surfor.navy.mil) or [www.cvw1.navy.mil](http://www.cvw1.navy.mil). You can also visit [www.news.navy.mil/local/cvn65](http://www.news.navy.mil/local/cvn65).

# On Deck

*with Media*



Photo by Mass Communication Specialist Seaman Apprentice Jared M. King

Aviation Machinist's Mate 3rd Class (SW) Yves K. Koffi takes off the fan module of an F/A-18 jet engine after it was damaged by foreign object debris aboard the aircraft carrier USS Enterprise (CVN 65).



Photo by Mass Communication Specialist 3rd Class Michael L. Croft

Aviation Structural Mechanic 1st Class (AW) Paul G. Winkler is treated for a simulated eye injury during a mass casualty exercise aboard the aircraft carrier USS Enterprise (CVN 65). Frequent training and exercises ensure the ship and crew are prepared in case of an emergency.



Photo by Mass Communication Specialist Seaman Apprentice Jared M. King

A member of the crash and salvage team assesses a Sailor's mock injuries during emergency drills on the flight deck of the aircraft carrier USS Enterprise. Frequent training and exercises ensure the ship and crew are prepared in the event an actual emergency.



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## Big E Outlook

### Education Points for Advancement Exams

**Education points for advancement exams do not appear on worksheets. These points are not award points. As long as the degree is in the member's SMART Transcript, they will receive credit for the degree. It is two points for an accredited associate's degree and four points for an accredited baccalaureate degree. The original transcripts must be mailed from the school to the (new) Virtual Education Center, no later than the first of the month in which the advancement exam occurs. These can not be hand carried. The mailing address is: Commanding Officer Center for Personal and Professional Development Attn: Virtual Education Center 1905 Regulus Avenue, Ste 234 Virginia Beach, VA 23461-2009**



### August 20

*Big Bucks Bingo live on SITE TV at 8:30 p.m.*

### August 21

*XO Movie Night at 8:30 p.m.*

### August 23

*Spades Tournament on the aft mess decks at 8:30 p.m.*

## Underway Channels

5 Training/Informational Scroll	31 History
6 SITE TV-Drama/Suspense/Thriller	32 USA
7 SITE TV-Comedy/Romance	33 FX
8 SITE TV-Action/Adventure	34 TNT
12 ILARTS (PLAT)	35 A&E
16 GBS	36 AMC
22 Fox News	37 TLC
23 Headline News	38 TCM
24 Military	39 SYFY
25 National Geographic	40 BIO
26 The Versus Channel	41 E!
27 MTV	42 ABC East
28 ESPN	43 NBC East
29 VHI	44 CBS East
30 VHI Classic	45 FOX East

*In order to accommodate all watch schedules, SITE TV will play movies from 9 a.m. until 7 p.m. and then repeat the schedule from 7 p.m. to 5 a.m.*

**Ship's store will be closed Tuesday, Aug. 24, for monthly inventory and will reopen Thursday, Aug. 26. The vending machines will be turned off on Wednesday, Aug. 25, and will be turned back on upon completion of inventory. For any questions or concerns please contact S-3 at J-7559.**

**Nightly ESWS training will be held in the Foc'sle, Monday - Friday at 6 p.m. Boards will be held on Fridays in lieu of training as necessary.**



### **PMK QUESTION OF THE DAY**

**Q: What does the acronym BRASS stand for?**

A: Breath, relax, aim, slack and squeeze.



### **EAWS QUESTION OF THE DAY**

**Q: Who was the first naval aviator?**

A: Cdr. Allen Sheppard.

Design by Mass Communication Specialist 2nd Class (EXW) Stacy D. Laseter

# Conserve Potable Water, Enterprise!

